

**Amendments to the specification:**

Please amend the abstract as follows:

A printing plate (1) includes, on the printing surface of a raised part (2), grooves (3) passing through from one side to another thereof. Preferably, the grooves (3) are parallel to each other and equally spaced apart. More preferably the raised part (2) is in the shape of a nearly-rectangular frame, and the grooves (3) are provided such that one side of the near-rectangle and the longitudinal direction of the grooves (3) form an angle of 45°.